

Dermatologists Told Us the Most Overlooked Key to Maintaining Youthful-Looking Skin (& We Found Products That Can Help)

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Wrinkles, fine lines, dullness, and saggy skin are some of the most common issues associated with mature or aging skin. It's why age-defying skincare products tend to contain a combination of ingredients that can help deal with those issues and more. While we totally recognize that no one product can actually work like the Fountain of Youth, finding products that actually work can take a ton of trial and error. Not to mention, do a number on your bank account. Because of that, we went straight to the experts. We talked to dermatologists to see if there's anything we should be doing to help achieve and maintain youthful-looking skin. Apparently, the answer is surprisingly simple.

"As a dermatologist, I often emphasize to my patients that maintaining hydration is critical when it comes to aging skin," Dr. Hannah Kopelman, dermatologist at Kopelman Aesthetic Surgery, tells SheKnows. "One of the biggest concerns I see in aging skin is the loss of moisture, which leads to a breakdown of the skin's natural barrier function."

When the skin is dehydrated, Dr. Kopelman shares that it becomes less resilient, which in turn, can lead to "a more pronounced appearance" of fine lines, wrinkles, and sagging. "Hydration keeps the skin plump and smooth, preserving elasticity and helping to protect against environmental stressors," she says. "Without proper moisture, the aging process can accelerate." So, while the look of wrinkles and other signs of aging are determined by so many different factors like sun exposure or genetics, a lack of hydration in the skin can be a big part of it.

Products That Can Help With Dehydrated Skin

Fortunately, there's no shortage of hydrating products that can help keep your skin moisturized. According to Dr. Gary Goldenberg, a cosmetic dermatologist on Manhattan's Upper East Side, there are some moisturizers based in water or glycerin, while others use natural oils as a base for hydration.

"All of these products have a place and use depends on each patient's preference," Dr. Goldenberg says. "I advise my patients to try various products to see which they prefer, and which works best for them. It's not always necessarily the most expensive product. That's the right product for each individual patient." He also emphasizes the importance of helping your skin both inside and out. Meaning, it's just as important to drink enough water as it is to use a moisturizer that's right for your skin.

If you're looking for some specific product recommendations, we've got you covered. Credo Beauty, our go-to for shopping the best clean beauty products, recently released their own line of skincare products called Credo Skincare. The line was made after 10 years of customer analysis, and the brand created products to help address the number one skincare concern most of their customers had — hydration or lack thereof. With that said, check out a couple of their must-have moisturizers below.

Credo Skincare Rewinder Vetiver Root + Bakuchiol Moisturizer

For aging skin

The Rewinder Vetiver Root + Bakuchiol Moisturizer is a "renewing" product made specifically for those with mature skin types. It's lightweight yet powerful, and is said to help strengthen the skin's barrier, protect it from outside stressors, and deal with fine lines and "tired"-looking skin. The list of ingredients includes vetiver root extract, which helps lock-in moisture and improve texture. There's also bakuchiol, which is known for being a much gentler and effective retinol alternative, that helps stimulate collagen production. Overall, this new moisturizer from Credo Beauty is one to grab if you have aging skin concerns, especially when it comes to a lack of moisture.

Credo Skincare Deep Thirst Vetiver Root + Hyaluronic Acid Moisturizer

For dry skin

If you're prone to really dry skin, especially as we head into the colder months, consider checking out Credo Beauty's Deep Thirst Vetiver Root + Hyaluronic Acid Moisturizer. This Deep Thirst moisturizer was made to help provide the skin with some intense hydration, while also improving its firmness and elasticity. Like the above, this moisturizer contains vetiver root extract, which helps prevent dehydration and protects the skin from environmental stressors. It also contains hyaluronic acid, which is known to help keep skin hydrated.

Credo's new skincare line has a ton of other products worth checking out, including a vitamin C moisturizer for dull skin and a Deep Thirst cleanser for dry skin. It's also worth noting that the brand is offering free shipping on every order, which is always a huge plus. So, be sure to check out Credo Skincare to see all the hydrating products you need today.

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